What is claimed is:

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1. A screen printing method for printing paste on a work via pattern holes formed on the mask plate, comprising:

a mask attachment step in which said work is brought into contact with the lower surface of said mask plate;

a squeegeeing step in which a squeegee is moved on the mask plate in the mask attachment state thereby to filling paste into said pattern holes; and

a plate separating step in which the work is separated from the mask plate stepwise by a plate separating operation of repeating plural times an acceleration and deceleration pattern in which a moving speed at which said work is moved in the direction where the work separates from the mask plate is accelerated up to an upper limit speed and thereafter is decelerated up to a lower limit speed,

wherein an initial upper limit speed representing said upper limit speed in start of said plate separating operation is set higher than succeeding upper limit speeds representing the upper limit speeds from the middle of the plate separating operation on.

2. The screen printing method according to Claim 1, wherein in said plate separating operation, a plurality of said acceleration and deceleration patterns are set so that said succeeding upper limit speeds are decelerated gradually.

- 3. The screen printing method according to Claim 1, wherein in start of said plate separating operation, a plurality of said acceleration and deceleration patterns are set so that acceleration and deceleration is repeated at the nearly equal initial upper limit speed.
- 4. The screen printing method according to Claim 1, wherein in the plate separating operation, said work is separated from the mask plate by causing the work to descend.
- 5. A screen printing method for printing paste on a work via pattern holes formed on the mask plate, comprising:
- a mask attachment step in which said work is brought into contact with the lower surface of said mask plate;
- a squeegeeing step in which a squeegee is moved on the mask plate in the mask attachment state thereby to filling paste into said pattern holes; and
- a plate separating step in which a plate separating
 operation of moving said work plate in the direction where
 the work separates from the mask plate is performed,

wherein in start of said plate separating operation, the moving speed is accelerated up to an upper limit speed and thereafter is decelerated up to a lower limit speed.

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- 6. The screen printing method according to Claim 5, wherein in a process where in start of said plate separating operation, the moving speed is accelerated up to the upper limit speed and thereafter is decelerated up to the lower limit speed, acceleration and deceleration are not repeated but deceleration is performed continuously.
- 7. The screen printing method according to Claim 5, wherein in the plate separating operation, said work is separated from the mask plate by causing the work to descend.

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